

# The Veterans Voice

SPRING 2006



## Reading, 'Riting and 'Rithmetic

Book discussion, writing and sports trivia groups are offering Residents of the New Hampshire Veterans Home the opportunity to keep their skills sharp in the areas of the three "Rs".

Doris Nisbet, Recreational Therapy Assistant, welcomes residents, family members, staff and volunteers to join in the monthly book discussions that are held on the third Wednesday of each month at 1:30 p.m. Doris formed the group in partnership with Mary Ahlgren who is the librarian of the Hall Memorial Library in Northfield. Mary works with volunteer Nell Grant to lead the monthly discussion and to supply Residents with adequate copies of each book, including both large print and books on tape.



Members of the New Hampshire Veterans Home ("NHVH") Book Discussion Group receive their latest assignment - Hoot by Carl Hiaasen. New Hampshire Veterans Home residents are joining with the towns of Tilton and Northfield in the "Two Towns One Book" community wide book discussion.

In recent months, the group has enjoyed reading and discussing Tom Brokaw's "The Greatest Generation" as well as Dan Brown's "The DaVinci Code". Members have also decided to join the towns of Tilton and Northfield in their "Two Towns, One Book" project for which they will be reading the book "HOOT" written by Carl Hiaasen.

"We are thrilled to have the New Hampshire Veterans Home joining us in this effort, and we hope that it will inspire people of all ages

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in Northfield and Tilton to read "HOOT" and to get involved in a discussion", Ahlgren commented as she handed out copies of the book during the group's April meeting.

For our veterans who prefer to create their own material, they are welcome to join our writing group that meets on Mondays from 10:30 a.m. until 11:30 a.m. Kristen Berry, a social work intern from Plymouth State University, started the group as part of her semester assignment towards completing her course requirements for a Bachelor of Social Work degree.

"The Residents are really proud of their work and interested in having their writings published in our newsletter", Kristen explained in a recent e-mail to the editor that contained several attachments of poems and stories written by our veterans.

"Writing is also very therapeutic in that it can help people recover and finalize memories. Participating in the group also helps to keep our minds sharp and our hands moving", Kristen said.

As requested, these writings are making their debut throughout this issue. After all, the publication is named *The Veterans Voice*. We also welcome you to visit the New Hampshire Veterans Home blog for more frequent updates about our activities and to view additional poems and stories written by our Residents. The blog can be accessed via a link on our website at [www.nh.gov/veterans](http://www.nh.gov/veterans) or directly at [www.nhvh.blogspot.com](http://www.nhvh.blogspot.com). Visitors are welcome to leave comments on our blog.

Still wondering what the 'rithmetic group does? No, it is not bingo! Okay, I admit that it may be a bit of a stretch, but we think there are mathematical gains to be made by participating in the Sports Trivia discussion group that has been started by Seth Wilson who has also been interning with us from Plymouth State University this semester.

From batting averages to winning percentages, our Residents enjoy the opportunity to discuss their favorite team sports and players and to reminisce about the record setting achievements of the past. The group meets on Thursday mornings at 9:30 a.m. in the Tarr South Solarium.

Residents are already attending Fisher Cats baseball games and discussing the recent start of the Red Sox 2006 season. Such field trips as well as the heated rivalry between the Red Sox and the Yankees make for good conversation during the discussion group and makes us hopeful for a return visit to Fenway Park this year!

Both Kristen and Seth will be spending the summer with us and continuing the great work that they started. Residents and staff are grateful for their enthusiastic assistance that significantly enhances the quality of life of our veterans.

## A Preview of Upcoming Events

There are numerous opportunities for you to become involved as we honor our veterans, celebrate the holidays, and participate in recreational activities. The following dates are subject to change, so please call ahead if you plan to attend one of the following events or if you or your organization would like to become involved in sponsoring an event or outing. Family members are encouraged to check their monthly events calendars for a more complete listing of activities.

### June

Join us for THE Poker Run event of Laconia Motorcycle Week! Don't miss your opportunity to be a part of the Third Annual Motorcycle Poker Run to be held on Saturday, June 10, 2006. It's never too late to join us as a volunteer or a sponsor! Call 527-4400 for details. Registration forms are also available at the reception desk or online at [www.nh.gov/veterans](http://www.nh.gov/veterans)

### July

The 39th Army Band will be performing at the New Hampshire Veterans Home on Friday, July 7, 2006 at 2:00 p.m. Contact the recreation department for further details on joining us for the event. On Saturday, July 8, 2006 we will welcome all of our supporters to join us for the Annual Appreciation Day Picnic under the Pavilion. Invitations will be mailed out in June.

### August

The New Hampshire Veterans Home's Inter-generational program will be hosting a family day celebration on August 12, 2006. A variety of activities for all ages will be taking place. To inquire or to offer assistance with the event, please contact Liz Stedman, Inter-generational Program Coordinator at 527-4400 or via e-mail at [elizabeth.stedman@nhvh.nh.gov](mailto:elizabeth.stedman@nhvh.nh.gov)

The recreation department invites family members and friends to join us for the summer dance on August 23, 2006 from 1:30 p.m. until 3:00 p.m.

## Welcome to Our Home

The Board of Managers, Commandant Barry E. Conway, Resident Council Officers and fellow residents and staff members extend a warm welcome to our new Residents who joined us at the New Hampshire Veterans Home as of the dates indicated.

Robert Hickey	1/03/06	David Clark	2/14/06
Donald Piehl	1/19/06	Philip Otis	2/16/06
Kenneth Buxton	1/24/06	Arthur Barron	3/07/06
Laurence Seger	1/30/06	Roy Berry	3/09/06
Jacques Lacasse	1/31/06	Thomas Flynn, Jr.	3/14/06
Lincoln Noel	2/02/06	Charles Davis	3/16/06
Antonio Zanis	2/07/06	Thomas Gilbert	3/23/06
James Cobb	2/07/06	Philip Buxton	3/28/06

## Welcome to the New Hampshire Veterans Home

We extend a warm welcome to our new employees who have joined us during the period from January 1, 2006 through March 31, 2006.

Employee Name	Position	Date of Hire
Michelle Azam	Nursing Assistant II	1/06/06
Jon Bossey	Plant Maintenance Engineer III	1/06/06
Ruth McEwan	Nursing Assistant Trainee	1/06/06
Wendy Mersch	RN II	1/06/06
Beverly Martin	Nursing Assistant II	1/20/06
Cynthia Gilbert	Accounting Technician	2/03/06
Holly Donnelly	LPN	2/17/06
George Patten	Security Officer II	2/17/06
Joanne Merrill	RN II	2/17/06
Deanna Fowle	Nursing Assistant Trainee	2/17/06
Mona Keeler	Nursing Assistant II	2/17/06
Joy Greer	Laundry Worker III	2/17/06
Susan Cataldo	Nursing Assistant I	2/17/06
Maegan LaDuke	Nursing Assistant II	2/17/06
Erica Case	Nursing Assistant Trainee	3/03/06
Jason Trefrey	Maintenance Mechanic II	3/03/06
Kathleen Gerdin-Dailey	Nursing Assistant II	3/17/06
Stephen Thibeault	Nursing Assistant Trainee	3/17/06
Rebecca Witham	Recreational Therapist I	3/17/06
Melinda Currier	Recreational Therapist I	3/17/06
Cathy Currier	Health Facilities Cleaner II	3/17/06
Roumiana Adams	RN II	3/17/06
Teasia Hafford	Nursing Assistant Trainee	3/31/06
Myleea Call	Health Facilities Cleaner I	3/31/06
Heather Allar	Nursing Assistant Trainee	3/31/06
Elizabeth Morissette	LPN	3/31/06
Sarah McNeil	Nursing Assistant III	3/31/06

**In honor of National Nursing Home Week - May 15 - 19, 2006,**

**the New Hampshire Veterans Home salutes**

**all staff members in all departments for their**

**passionate commitment to caring for those who served.**

## **From the NHVH Writing Group - Written by NHVH Resident Richard Mumblo**

### **CARE**

It's hard to write about all the good things that take place here. From all the staff down to the last person in the building. To all of the nurse's aids that give us care, and the housekeeping girls who do a great job keeping our home clean and organized.

Fantastic~ this word has a lot of meaning for me. I use it all the time regarding the care I get here.

The nurses and the aids do so much for us.

I want to express them more and get all I really want to say said better.

### **MORE CARE**

The last time I wrote I missed a very important part of what I need to say.

I passed up on the kitchen help.

The girls and guys do a great job with the preparation of the meals.

They are the best.

So, from a guy who likes to eat, I thank you from the bottom of my heart.

## **Congratulations and Best Wishes**

**Congratulations to our Employees who earned promotions during the period from January 1, 2006 through March 31, 2006.**

<b>Employee Name</b>	<b>Position</b>	<b>Date of Promotion</b>
<b>Juanita Duval</b>	Neighborhood Manager	2/03/06
<b>Joan Griffin</b>	Recreational Therapist Assistant II	2/03/06
<b>Brian Baker</b>	Security Officer I	2/17/06
<b>Robert Loranger</b>	Maintenance Mechanic II	2/17/06
<b>Jo-Ann Griffin</b>	Health Facilities Cleaner II	2/17/06
<b>Denise Andrus</b>	Ward Clerk	2/28/06
<b>Tammy Beaudet</b>		12/23/05

## The Dog Musher

I recall when I was a young lad,  
I was first introduced to the sport of running the dogs.  
When the musher turned sick, the team owner asked me to take his place.  
I had already given up my gloves and boots to another musher.  
So reluctantly and bewildered, I wobbled to the start where six rowdy and entangled dogs awaited  
to be free.

The lead dog stopped his fight with the dog behind him and glazed at me as I prepared my stance,  
after watching other musher's.

I was fifth team to approach the start line, eager but nervous standing behind a team of dogs that  
felt my nervousness.

When the time came to begin my run, the dogs, all six of them launched forward with such tremendous  
force that it flung me backward, landing me on my backside so hard that I felt the shudder  
clear up to my already frozen hands.

I sat there, only looking at the backside of the running dogs pulling an empty sled.

1963- Laconia, New Hampshire

- Written by David Clark, New Hampshire Veterans Home Resident and  
Member of the Writing Group

## Support Group Meetings

Residents and staff who are interested in learning more about diabetes prevention and management are welcome to attend the support group meetings that will be meeting on the fourth Tuesday of each month from 3:00 p.m. until 4:00 p.m. Check the monthly calendar of events for meeting location.

The Life Enhancement Dementia Unit also offers a support group for family members of our veterans. The group meets monthly on the fourth Wednesday of each month from 10:00 a.m. until 11:30 a.m. in the LEDU-1 Conference Room. The support group is designed to meet both the educational and the emotional needs of family members who are caring for loved ones who suffer from dementia. For more information about the LEDU Family Support Group, please call either Kimberly Michaud or Nancy Dutile at 527-4400.

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**Residents are encouraged to attend the monthly Resident Council Meetings that are held on the Third Thursday of each month in the Tarr Dining Room at 2:00 p.m.**

If you have a question or would like to add an item to a Resident Council meeting agenda, you may contact one of the following officers:

**Charles Safford, President**  
**Forrest Foley, Vice President**  
**Merrill Franklin, Chaplain**  
**Sam MacKenzie, Secretary**  
**Larry Draper, Sergeant-at-Arms**

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### New Hampshire Veterans Home—Board of Managers

**Donald R. Caron**, (Veterans of Foreign Wars)  
**Wanda Furbish**, (Disabled American Veterans Auxiliary)  
**Richard L. Murphy**, (Marine Corps League - Commandant)  
**Junious Owens**, (Disabled American Veterans)  
**Anthony J. Romano, Jr.**, (Marine Corps League)  
**Charles Smith**, (American Legion - Department Commander)  
**Robert Wayss**, (Disabled American Veterans - Department Commander)  
**Robert Wyman**, (American Legion)  
**Rick Young**, (Veterans of Foreign Wars - Department Commander)

**Thank you for your dedicated support!**

## Project “Vetmobile” over the 1/2 Way Mark!

Project “Vetmobile” has surpassed the 1/2 way mark with the help of numerous donations ranging in size from \$5 to \$15,000. Our gas tank is over half full, but we need your support to get us to the \$60,000 mark and on the bus this summer. We are tracking our progress on fuel gauges posted throughout the home for residents, staff, volunteers and visitors to see. NHVH plans to conclude its “Vetmobile” campaign with a final appeal in late May and begin making plans for larger and more frequent recreational outings for our growing population of veterans.

We hope that you will consider making a donation in memory of or in honor of a veteran who has special meaning in your life. Donations may be made in person, mailed or contributed online at our website [www.nh.gov/veterans](http://www.nh.gov/veterans)



Brand new, customized 14 passenger van will be capable of transporting 5 wheelchairs, 8 seated passengers plus 1 driver. Our veterans will be riding in safety and comfort to a variety of recreational outings made possible by contributions to the NHVH Benefit Fund

Most recently, the Cogswell Benevolent Trust supported our efforts with a \$15,000 grant towards Project Vetmobile. We are truly grateful for the contributions that we have received from a number of organizations and individuals as well as for private foundation support. Every lit bit helps, and many small contributions will enable us to do great things! The New Hampshire Veterans Home would like to acknowledge all of our Project Vetmobile supporters! Welcome aboard and thank you for your generous contributions!

**Lionel LeBlanc**  
**Dorothy Marcoux in memory of -**  
**Col. Eli Marcoux**  
**Milton Women's Club**  
**Thomas and Hope Murray**  
**Star and Robert Pepper in honor of -**  
**Lawrence Draper**  
**Lynne and Russ Ober**  
**Military Officers Association of America -**  
**NH Chapter**  
**John and Helen Hoban**  
**George Gonyer**  
**Bessy Jones**  
**Arthur Goodearl in memory of -**  
**Robert F. Goodearl**  
**James and Phyllis Donovan**

**Arthur Olsen**  
**Stella Scheckter**  
**Robert Madden in memory of -**  
**Gino Mattozzi**  
**New Hampshire Veterans**  
**Association Auxiliary**  
**Sons of the American Legion -**  
**Squadron #7**  
**American Legion Auxiliary -**  
**Unit #103**  
**Cogswell Benevolent Trust**  
**Todd and Janet Trombley - in honor of -**  
**Tarr North Unit Staff**  
**American Legion Pingree-Moss-Chatigny -**  
**Post 32**  
**Paul Walsh**



## New Hampshire Veterans Home Life

Written by NHVH Resident Forrest Foley

Life here at the Veterans Home is great,  
But only if you participate.  
The girls are fun,  
But most of the time, are on the run.  
The men are good too,  
Although there are a few.  
Lunches out are really great,  
Though sometimes you have to wait.  
If you're not on the list,  
You just stand by and wish.  
Many trips we get to take,  
It is for mental sake.  
The lakes and farms are really pretty, but the roads are rough and the bus seats are hard.  
Though stiff and sore,  
We are ready for more.

## Send us your story ideas and photos

*The Veterans Voice* wants to hear your voice! We welcome suggestions on future content from Residents, family, friends and supporters.

Should you have a suggestion for a story or if you would like to submit a photo for publication, we would be happy to consider your ideas for an upcoming issue. Please forward your suggestions directly either by mail to Attn: Veterans Voice Editor, New Hampshire Veterans Home, 139 Winter Street, Tilton, NH 03276 or by e-mail to [lisa-marie.mulkern@nhvh.nh.gov](mailto:lisa-marie.mulkern@nhvh.nh.gov).

We are especially glad to receive photos depicting our Residents involved in activities at the Home or taking part in a supporter-sponsored outing. If you are submitting a photo for publication, please include the date as well as a caption that identifies people from left to right.

We are also interested in hearing from family members who would like to feature their loved ones in a "Then and Now" column in future editions of the Veterans Voice. If your loved one is a Resident at NHVH and you would like to share photos and stories of his or her past, please contact Lisa-Marie Mulkern at (603) 527-4400. We would love to speak with you, and we can scan original photos while you wait!

## In Loving Memory

The New Hampshire Veterans Home extends its deepest condolences to the loved ones of the following Residents who recently passed away. We are grateful for their service to this country and for the time that they spent with the NHVH family. Their presence will be greatly missed.

Name	Joined NHVH	Departed
Ralph Saviano	7/27/04	1/09/06
Richard Parker	1/13/05	2/05/06
Kenneth McWilliams	11/02/04	2/23/06
Gordon Nichols	3/16/04	2/26/06
William Janosz	8/18/05	3/02/06
James Krieger	3/20/03	3/13/06
Gerard Stanton	12/14/04	3/14/06
George Epps	8/13/91	3/22/06
Roger Mulaire	10/30/03	3/25/06



## Memorials and Tributes

New Hampshire Veterans Home Benefit Fund would like to acknowledge the Memorial and Tribute donations that were received between January 1, 2006 through March 31, 2006.

### ***In Memory of***

All Veterans	David Belanger	John C. Bradley
Gerry Burnham	Ernest W. Callahan	Maurice Clement
Arthur J. Conlon	Charles Corriveau, Jr.	John Erskine II
Dennis J. Grady	Raymond Greenwood	Neal Anthony Humiston
William Janosz	Raymond W. Little	Gino Mattozzi
Leslie Maurice	George F. Morse	Leo A. Pevine
Leo H. Pevine	Francis J. Pinkham	Ralph Saviano
Stanley Searles	Herbert Sullivan	Edith R. Teague
	Benjamin VanWagener	

### ***In Honor of***

Charles Frye	Ted Richard	Edward Runis
	VFW Post 1772	

Contributions to the NHVH Benefit Fund enrich the daily lives of our veterans through a variety of activities, entertainment, outings and equipment. Donations are tax-deductible to the extent allowed by law. If you would like to make a donation in memory of or in honor of a family member or a friend, we will send a letter acknowledging your thoughtful contribution. We will also acknowledge your donation in *The Veterans Voice*.

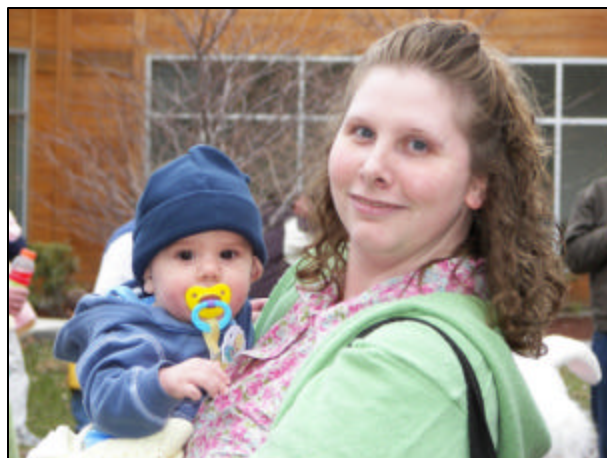
Donations may be made payable to "NHVH Benefit Fund" and mailed to New Hampshire Veterans Home, Development Office, 139 Winter Street, Tilton, New Hampshire 03276, or you may complete and return the enclosed envelope. **You may also donate online at our website [www.nh.gov/veterans](http://www.nh.gov/veterans)**

Donors may include the New Hampshire Veterans Home Benefit Fund in their wills. You can make a gift of a specific dollar amount, a percentage of your estate or the residual of your estate. For additional information about planned giving opportunities, please contact the Development Office at 603-527-4400.

## Faces and Places



David Arnold proves once again that he is such a good sport and 100% Irish when it comes to enthusiasm for the Annual St. Patrick's Day Parade!



Michelle Azam, LMNA assisted her son Jahnzaeb who competed in the youngest age category of the annual Easter Egg Hunt.



Bandit Mulkern, NHVH volunteer, eagerly waits for Residents and Staff along the St. Patrick's Day Parade route. (Alternate photo caption - shameless self promotion of one's dog!)

### Did you hear?

The New Hampshire Veterans Home has completed production on a new video about the home - *Caring for those who served*. Individual copies of the DVD will be made available to purchase for \$20.00.

All proceeds will be donated to the NHVH Benefit Fund.

Order forms are available at the front desk.

## National Volunteer Appreciation Week - April 23-29, 2006

New Hampshire Veterans Home salutes all of the volunteers who make our home a wonderful place for all of our Residents!

**Ralph Appleby**  
**Mina Ayers**  
**Joanne Balcom**  
**June Bartlett**  
**Joanne Berry**  
**Lillian Blakie**  
**Terry Bobseine**  
**Agnes Brown**  
**Jim Carey**  
**Larry Clendenin**  
**Philip Court**  
**Rhoda Crowell**  
**Helena Davis**  
**Duke Dawalga**  
**Fred Demars**  
**Vern Dingman**  
**Morgan Fitzpatrick**  
**Cindy Gonnerman**  
**Carol Hankard**  
**Stephen Hankard**  
**Ida Harris**  
**Helen Laverdure**  
**Jack Lichty**  
**Linda Luedke**  
**Fay Mahoney**  
**Jim McBride**  
**Lil McCrelis**  
**Freda McHugh**

*"It's easy to make a buck. It's a lot tougher to make a difference."*

*-Tom Brokaw*



Charles Safford, President of the New Hampshire Veterans Home Resident Council, thanked all of the volunteers who attended the appreciation breakfast at Kalliope's restaurant. Mr. Safford recognized the volunteers for being wonderful friends and for making Residents feel at home. He concluded his remarks with a heartfelt shout, "Hats off to our volunteers!"

**Peter Michaud**  
**Gloria Molloy**  
**Russ Mulcahy**  
**Lynne Ober**  
**Russ Ober**  
**Bridget O'Shea**  
**Tony Rabbia**  
**Florence Richmond**  
**Mike Sgambati**  
**George Sheldon**  
**Pete Stock**  
**Darrell Sykes**  
**Ginette Thibault**  
**Carol Tiede**  
**Russ Toce**  
**Bill Townsend**  
**Dot Walker**  
**Ed Warfield**  
**Lorraine Warfield**  
**Betty Whelpley**  
**John Woods**  
**Roy Woodward**



## More Faces and Places



Carol Van Kirk, National President of the American Legion Auxiliary visited recently with residents, staff and volunteers including fellow auxiliary member Ida Harris. Ida has volunteered at the New Hampshire Veterans Home since 1988.



NHVV Social Workers were grateful to have assistance from Plymouth State University interns Seth, Kristen and Tracy who were completing their final semester of coursework towards their Bachelor of Social Work degrees. Pictured from left are Liz Stedman, Seth Wilson, Nancy Dutile, Kristen Berry, Tom Heald and Tracy Franks.



The Easter Egg Hunt also featured a variety of games including the ever popular "Egg on a Spoon" race. NHVV Resident David Clark proved he is truly young at heart!

### Did you hear?

The New Hampshire Veterans Home has completed production on a new video about the home - *Caring for those who served*. Individual copies of the DVD will be made available to purchase for \$20.00. All proceeds will be donated to the NHVV Benefit Fund. Order forms are available at the front desk.

## Holidays and Celebrations



Residents, staff and volunteers enjoyed the weekly Pledge Allegiance to the Flag Ceremony that was held on the Hannah Dustin Neighborhood. In addition to singing patriotic hymns, Residents placed personalized ribbons on plaques representing their branch of service.



Pat Sleeper, Recreation Department Secretary, enjoyed sharing the dance floor with Laurence Seger at the Annual Valentine's Day Dance featuring music by accordionist Brent Buswell.



Housekeeping staff member Kathy O'Neil enjoyed attending the Easter Egg Hunt and Ice Cream Social with her grandchildren Erin, Brendan and Emily. The annual event is sponsored by the New Hampshire Veterans Home's Inter-generational program.

*"We don't stop playing because we grow old;  
we grow old because we stop playing"*

*- George Bernard Shaw*

New Hampshire Veterans Home  
139 Winter Street  
Tilton, NH 03276

Phone: 603-527-4400  
Fax: 603-527-4402

Barry E. Conway, Commandant



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**WE'RE ON THE WEB!**

**WWW.NH.GOV/VETERANS**

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## Share the News

**Please do not discard this  
newsletter.**

**Please leave this copy of  
*The Veterans Voice* at your  
doctor's office, gym, lunch  
room or coffee shop.**

**To protect your privacy, please  
clip out or blacken your name  
and address above.**

## About the Home

The New Hampshire Veterans Home was established in Tilton in 1890 as the Soldier's Home for Civil War Veterans. Today, the modern facility is home to men and women who have served their country and fellow New Hampshire citizens in World War II, Korea and Vietnam.

NHVVH is the only long-term care facility in the Granite State that is dedicated exclusively to veterans.

As a professional health care provider, NHVVH offers a full range of services including residential, medical/dental and nursing care as well as physical/occupational therapy, recreation, and dietetic and social services.

Chapel services, exercise groups, arts and crafts, shopping trips, live entertainment and various community outings support residents'

quality of life. NHVVH also offers inter-generational programs and animal-assisted recreational therapy. Dedicated staff members work in partnership with volunteers from surrounding communities and numerous service organizations to enrich our residents' lives.

NHVVH recently opened the 100-person Life Enhancement Dementia Unit that serves the needs of veterans who suffer from Alzheimer's and other related memory impairment disorders. The facility addition enables NHVVH to provide comprehensive long-term care services to a total of 250 Residents.

Additional information is available online at our website:  
[www.nh.gov/veterans](http://www.nh.gov/veterans)

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